

Full Report (All Nutrients) 45134674, PF CHANGS Signature Spicy Chicken Meal For Two, UNPREPARED, GTIN: 00031000670238

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Report Date: July 08, 2017 18:42 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Conagra Brands

Nutrient	Unit	Data points	Std. Error	0.5 package (312g) 312g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	540	173
Protein	g	--	--	27.99	8.97
Total lipid (fat)	g	--	--	22.00	7.05
Carbohydrate, by difference	g	--	--	57.00	18.27
Fiber, total dietary	g	--	--	3.1	1.0
Sugars, total	g	--	--	28.98	9.29
Minerals					
Calcium, Ca	mg	--	--	19	6
Iron, Fe	mg	--	--	1.44	0.46
Potassium, K	mg	--	--	509	163
Sodium, Na	mg	--	--	2371	760
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	9.0	2.9
Vitamin A, IU	IU	--	--	399	128
Lipids					
Fatty acids, total saturated	g	--	--	3.994	1.280
Fatty acids, total monounsaturated	g	--	--	8.986	2.880
Fatty acids, total polyunsaturated	g	--	--	7.987	2.560
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	69	22
Amino Acids					
Other					
Ingredients					

Battered White Meat Chicken (Chicken Breast with Rib Meat, Water, Predust Flour [Enriched Wheat Flour {Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid}, Egg Whites, Modified Food Starch], Batter Mix [Potato Starch, Corn Starch, Modified Corn Starch, Dextrose, Egg White, Maltodextrin, Salt, Leavening {Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate}, Garlic Powder, Spice, Xanthan Gum], Salt, Sodium Phosphates), Water, Sugar, Chili Paste (Red Chili Peppers, Distilled Vinegar, Salt, Xanthan Gum), Distilled Vinegar, Less Than 2% Of: Canola Oil, Garlic, Chicken Base (Chicken Meat and Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed [Corn And Wheat Gluten, Soy] Protein, Dried Whey, Maltodextrin, Yeast Extract, Natural Flavoring, Disodium Inosinate and Disodium Guanylate, Extractives Of Turmeric And Annatto), Corn Starch, Salt, Sesame Seed Oil, Hydrogenated Palm Oil. CONTAINS: EGG, MILK, SOY, WHEAT *Date Available:* 03/09/2017 *Date Last Updated by Company:* 03/09/2017